

Y7 Leadership Curriculum Summary

Name of unit	Leadership
Why do we study this unit?	Leadership helps pupils to gain the skills and qualities needed to become positive influences around school peers. It is excellent for developing fundamental skills in communication, confidence, integrity and positivity. Leadership will stimulate social skills used in everyday life.
By the end of the unit, students will be able to....	Students will develop a basic understanding of the skills used in leadership. They will learn skills, rules and tactics surrounding these sports.
Links to previous units	Pupils will learn the relevant skills, rules, fitness tests and tactics surrounding each sport within the PE curriculum. Pupils will follow this same structure throughout each sport as this builds the relevant knowledge that will maximise pupils progress and success. Additionally the sporting characteristics will be linked throughout so that pupils can adapt and demonstrate these values within school and in later life.
Key vocabulary	Self - Belief, Respect, Teamwork
Week and summary topic	Knowledge and skills learned
1: Skill	Warm Up - 3 parts 1. Pulse raiser 2. Mobilising 3. Stretches
2: Rules	Drills: 1 skill focus and how to add progression
3: Fitness	No fitness tests in Leadership
4: Strategy / Tactics	Games: Different ways to make teams
5: Competition	Inter House Competitions